



OMANI LAMB ROAST (SHUWA) EXPRESS

Nutrition Facts Per Serving (400 gram meat): Calories 47, Protein 66g, Carbs 12g, Fat 53g

Cooking process and additional ingredients added at home will affect the total value.

Preparation Time: 5 min, **Cooking Time:** 6 hours



INGREDIENTS

Marinated Lamb Chunks with Bone
(2-2.5 KG)
Tamarind

Rice (3 cups)
Rice Spices
Ghee

METHOD

1. Preheat oven to 160 C.
2. To a roasting pan add about quarter cup water.
3. Take the wrapped and marinated leg out from the plastic wrapping.
4. Place in the roasting pan over the water.
5. Cover tightly with 2 or 3 layers of foil. Make sure it is properly sealed.
6. Bake in the oven for 6 hours without removing the cover, checking after 3 hours and every hour to make sure water is not dry. If dry add quarter cup water.
7. Take out from oven, rest for 15 minutes, transfer carefully to serving dish & serve with rice on the side.

Rice

8. Wash provided rice a few times until the water runs clear. Drain well.
9. Prepare measured boiling water.
10. Place a pot over medium heat, add ghee and when hot add whole spices and stir for a few seconds until fragrant.
11. Add rice, then add water and measured salt.
12. Increase heat to high, bring to boil, cover, reduce heat to lowest, simmer for 20 minutes or until all liquid is absorbed.
13. Remove from heat, rest 5 minutes then fluff out with a large fork to a serving

dish.